

VISITING HOURS:

What Will You Do To Stop Diabetes? Know Your Risk

BY SUSAN BARNES, BSN, RN, CDE, CPT
Program Coordinator, Dakota Diabetes Center

Diabetes has become the greatest public health crisis of the next quarter century. To address the burden of this disease, the American Diabetes Association is asking the American public – “What will you do to Stop Diabetes? Know your risk.” On the 22nd annual American Diabetes Association Alert DaysSM, March 23, 2010, the Association encouraged people to join the Stop Diabetes movement to find out if they are at risk for developing type 2 diabetes; and, if they are at high risk, to speak with their health care provider.

DIABETES BY THE NUMBERS

Of the approximately 24 million Americans living with diabetes, nearly 6 million Americans have type 2 diabetes

but don't even know it. Another 57 million, or one in five Americans have pre-diabetes, placing them at increased risk for developing type 2 diabetes. If current trends continue, one out of three children born today will face a future with diabetes.

ARE YOU AT RISK?

The primary risk factors for type 2 diabetes are being overweight, a sedentary lifestyle, over the age of 45 and having a family history of diabetes. African Americans, Hispanics/Latinos, Native Americans, Asian Americans and Pacific Islanders are at an increased risk, as are women who have had babies weighing more than nine pounds at birth.

Unfortunately, people with type 2 diabetes can live for years without realizing that they have the disease. While people with diabetes can exhibit notice-

able symptoms, such as frequent urination, blurred vision and excessive thirst, most people diagnosed with type 2 diabetes do not show these overt warning signs at the time they develop the disease. Often, type 2 diabetes only becomes evident when people develop one or more of its serious complications, such as heart disease, stroke, kidney disease, eye damage or nerve damage that can lead to amputations.

TAKE CHARGE OF YOUR HEALTH

Studies have shown that type 2 diabetes can be prevented or delayed by losing just 5-7% of body weight through regular physical activity (30 minutes a day, five days a week) and healthy eating. Armed with this information, gather your friends, family, loved ones and/or co-workers and take a 30 minute walk and get started with a healthier lifestyle today!

ABOUT THE AMERICAN DIABETES ASSOCIATION

The American Diabetes Association is leading the fight to stop diabetes and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

A1C TEST

New 2010 guidelines from the American Diabetes Association on diabetes screening and diagnosis now include the A1C test as a more conven-

ient way to screen for pre-diabetes and diabetes. The A1C measures the average blood sugar control over the last two to three months. The blood test can be taken any time of day as there is no need to fast before the test. A result of 5.7% to 6.5% would indicate pre-diabetes and an increased risk of developing diabetes in the future. A result equal to or higher than 6.5% would indicate diabetes.

Avera Sacred Heart Hospital Lab has an A1C test available year round for \$15 to see if you are at risk for diabetes. To learn more about the A1C test or to schedule an appointment, please call the Avera Sacred Heart Hospital Lab at (605) 668-8169.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

Looking Back On Life's Special Moments

BY VAL FARMER

Being alive is a marvelous thing. Some of my treasured memories come from looking around and seeing what is in front of me. Some memories have been created by hard work, commitment and love. Some memories are bittersweet and are framed through the lens of struggle, hurt, disappointment, and loss. Such memories are reserved for another day and deserve explanation in their meaning, learning and significance.

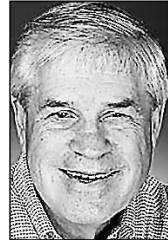
As I reflect on some of my favorite memories, I recall with pleasure:

Family life. Feeling the overwhelming love and sacrifice of family members who gave freely of themselves. Remembering a saintly mother and remarkable brothers and sisters, who have cared deeply and consistently.

Courtship. Feeling the anxiety and excitement of a first date. Enjoying those moments of electric flirtation as the mysteries of sexual attraction work their wonders. Falling in love for the first time - feeling that love and admiration coming back to you. Sharing moments of deep communication as souls unite with common understanding and purpose.

Marriage. Looking into the eyes of a glowing and beautiful bride across a matrimonial altar. Feeling an embrace of love. Having pillow talk conversations that last hours. Sharing special moments with her and then sharing the memory. Marveling and admiring my wife's character and personality - to benefit from her honesty and love. Sharing tears of joy and tears of grief. Fulfilling dreams together.

Children and family life. Watching the miracle of birth seven times. Seeing the spiritual tears of joy as my wife was handed the newborn to hold and cherish. Lying next to a newborn infant and observing the perfection of God's creation - so delicate, so peaceful, so full of life.



VAL FARMER

Watching the dancing brown eyes of a mischievous and immensely curious toddler whose innocence and havoc knew no bounds. Seeing delight on the face of loved ones. Being pleased by my children in

moments of triumph as they display their hard won talents. Being there for them when they needed me to be there. Watching my children fall in love and marry, united with fine spouses who love and cherish them.

Grandchildren. Taking delight in grandchildren - now 20 and counting. Building bonds of affection with them. Being surrounded by family for special celebrations. Having a warm and affectionate relationship with them. Knowing that our children are happy and doing well. Observing them being loving and devoted parents.

Nature at its best. Appreciating the vision of a country road of trees shimmering with hoarfrost. Seeing a transformation of beginning light to a glorious sunrise with its golden hues. Watching a sunset unfold, linger and cast its magenta and pink splendors across the sky. Gazing up at a star-filled sky and contemplating the vastness of the universe. Seeing ocean and shore meet with waves relentlessly crashing and receding.

Enjoying the view from a mountain peak after a long and hard climb. Experiencing nature - a raging blizzard, a sky filled with thunder and lightning, a fierce wind that wants to take me along with it.

Listening to the roar and feeling the spray of a thundering waterfall. Snorkeling in the aqua-marine waters of a tropical beach and watching the vivid colors of fish that defy description. Being above the clouds for

the first time in an airplane.

Small pleasures. Experiencing the blind and utter devotion of a dog. Enjoying the playful acrobatics of a kitten. Savoring the first few bites of Chinese cooking - any cooking for that matter. Watching a tense football game and having my favorite team be victorious. Laughing in unison.

Staying up late into the night with a good book that I couldn't put down. Watching a play with theatrical perfection offering surprises at every turn. Being engrossed in a movie, concert or play that transports you to another time and place and into the emotions of people that have captured your heart.

Work. Having strangers trust me, seek me out and allowing me to help them in their personal challenges. Taking pleasure in a job well done. Having enough money to pay the bills and enough left over to feel secure. Combining efforts with others to create something great and noble.

Seeing a first article or first book in print. Being flooded with creative thoughts and ideas as insights and expressions burst into consciousness. Being content knowing that something is well done and complete - an accomplishment that will endure. Hearing from people that my work is appreciated and has made a difference in their lives.

Other people. Feeling the camaraderie of a high school

football team's locker room with the thrill of an upset victory. Seeing old and dear friends after a long separation. Feeling the joy of helping someone in an hour of need. Having a goodbye conversation with a friend of the heart whose days of living were numbered. Being touched by other's sorrow and pain.

Traveling and experiencing the beauty of other places and cultures. Meeting new people and making new friends.

Spiritual growth. Feeling the hand of God lift me beyond my human capacity and to know His presence, love and blessing. Having my spiritual understandings enlarged through prayer, scripture and inspired men and women of God. Coming to understand my purpose and destiny on earth and doing the work and service I need to do.

Experiencing the contentment of years and the flood of memories that come with a life lived energetically and purposefully.

What are your memories? For more information on memories and aging, visit Val Farmer's website at www.val-farmer.com.

Val Farmer is a clinical psychologist with MeritCare in Fargo, North Dakota. He specializes in rural mental health and family business consultation.

This column is sponsored by Lewis & Clark Behavioral Health.

Flood Precautions Urged

PIERRE — State officials are urging South Dakotans to use extreme caution as they try to move through flooded areas of the state.

Lakes and rivers across eastern South Dakota are at or near record levels. Ponding water covers vast stretches of land, and numerous roads are closed. It's possible that roads not officially closed have water running over them. Citizens are urged to use extreme caution when traveling through the flood areas, whether driving or walking.

"Eastern South Dakota is going to be dealing with high water levels for some time to come," said Kristi Turman, Director of the state Office of Emergency Management. "We urge people to make safe choices as they try to move around through the flood areas. Please heed barricades and road closing signs. More than that, be alert to running water across your path, whether you are driving or walking."

Water over roads could hide sinkholes or washouts. As little as six inches of flowing water can sweep adults off their feet, and 18 to 24 inches of water can float a vehicle.

The South Dakota Office of Emergency Management offers these flood safety tips:

- Don't drive through flood waters. It can be difficult to determine how deep the water is and if a current exists.
- Watch for downed power lines. Never cross downed power lines.
- Stay out of flood waters.

Flood waters often are contaminated with sewage and disease.

- Listen for media reports on road closures and flood watches, warnings and advisories.

USE CAUTION WHEN DEALING WITH FLOOD-DAMAGED ELECTRICAL EQUIPMENT

PIERRE — The South Dakota Electrical Commission reminds residents to be cautious in structures containing water-damaged electrical equipment.

Damage may not be initially apparent when electrical wiring and equipment has been exposed to flood waters.

Flood waters can deposit sediment and other contaminants into electrical equipment. That poses a danger to those who come in contact with the equipment. Over time, corrosion can also cause electrical equipment to malfunction.

The 2008 National Electrical Code requires replacement or reconditioning of all electrical equipment damaged by flood waters.

Electrical systems may be checked and certified by licensed electrical contractors or South Dakota electrical inspectors to ensure that structures are safe to enter and the electrical systems are safe to energize. Questions about electrical systems should be directed to local electrical contractors, city or state electrical inspectors, or the South Dakota Electrical Commission at 605-773-3573. Additional information is found at www.electrical.sd.gov.

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Lead Paint Certification Training Classes

Sponsored by the Lewis & Clark Home Builders Association

Beginning April 22, 2010 the EPA is requiring that all contractors that disturb more than 6 square foot of painted surface interior or 20 square foot exterior in a pre 1978 residential dwelling or child occupied facility will be required to be a certified lead renovator and have all employees trained. This includes all renovation, remodeling, window replacement, window repair, and weatherization.

Classes will be held at the Best Western Kelly Inn, Yankton from 8am-5pm on:

Tuesday, March 30th \$200⁰⁰ for HBA member
\$225⁰⁰ for non-member

Class size limited to 25 per session. Payment required to reserve your space.

For registration form, go to: www.lewisandclarkhomebuilders.com or call Norene at (605) 661-7215

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